

Missouri Behavioral Risk Factor Surveillance System



2018 KEY FINDINGS

Missouri Department of Health and Senior Services
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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
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Introduction

The Missouri Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of non-institutionalized adults age 18 and older. This survey collects a range of information on health conditions and health-related behaviors that have been linked to health outcomes. BRFSS data are used to identify emerging health problems, establish health objectives and track their progress, and develop and evaluate public health policies and programs. This report summarizes key findings from the 2018 survey.

Methodology

The BRFSS Questionnaire has 4 sections. The **fixed core** is a set of standard questions that must be asked by each state every year. The **rotating core** is only asked every other year, but may be included as an optional module in off years. Each year, the CDC offers a limited number of **optional modules** that states can choose to add to the questionnaire. Lastly, **state-added questions** are items of special interest to public health that a state has chosen to add to the questionnaire.

BRFSS Questionnaire Sections:



- Fixed Core
- Rotating Core
- Optional Modules
- State-added Questions

Phone interviews are conducted between January and December of each year by the Health and Behavioral Risk Research Center at the University of Missouri-Columbia. Participants are randomly chosen from lists of potential phone numbers in an area of Missouri. For households, one adult resident is randomly selected to complete the survey. In 2018, a total of **6,231** adults were interviewed in Missouri.

Survey data are collected, compiled, and submitted to the U.S. Centers for Disease Control and Prevention (CDC). To ensure that survey data accurately represents the non-institutionalized adult population in Missouri, the CDC assigns a weight to each response. In 2011, the CDC adopted a new weighting methodology known as raking, which is able to account for the inclusion of cell phone surveys and compensate for over- or under-representation of certain demographic groups in the sample. Missouri. A description of the new methodology may be found at <https://www.cdc.gov/surveillancepractice/reports/brfss/brfss.html>. Due to changes in the weighting methods, data from 2011 and later should not be compared to data from 2010 or prior.

Overview

Successes in Missouri

81.8% of adults with an annual household income of less than \$15,000 reported having health care coverage, a significant increase from 2014 (68.6%)

80.5% of Missourians support **local laws** that would make all indoor workplaces smoke-free, a significant increase from 2014 (76.4%)

71.9% of Missourians support a **statewide law** that would make all indoor workplaces smoke-free

63.3% of Missourians visited a dentist within the last 12 months, a significant increase from 2014 (58.6%)

Falls among adults 45 years and older significantly declined from 32.5% in 2016 to 25.6% in 2018

Less than 20% of Missourians reported being current smokers

Areas of Concern in Missouri

54.6% of Missouri adults with an annual household income less than \$15,000 reported fair or poor health, a 40% increase since 2014

38.3% of adults with a household income less than \$15,000 were current smokers

35% of adults were obese; 31.9% overweight

34.2% of Missourians reported being unable to do usual activities on 3 or more days out of the previous month due to poor physical or mental health

31.1% of Missouri adults had been diagnosed with arthritis

24.8% of Missouri adults had ever used an electronic cigarette

21.3% of males and 14.2% of females reported binge drinking

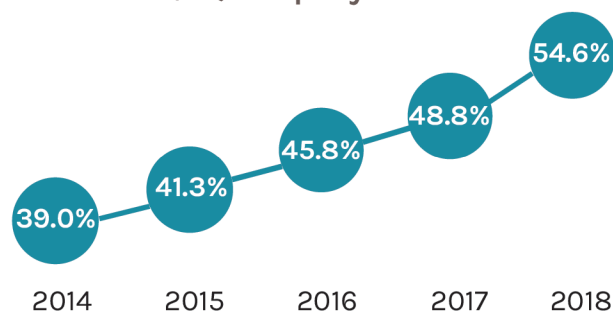
13.3% of Missouri adults did not see a doctor when needed in the last 12 months

Key Findings

General Health Measures

In 2018, 79.6% of Missourians reported excellent, very good, or good general health. While 20.4% of Missourians reported fair or poor health, Blacks/African-Americans reported fair or poor health at a significantly higher percentage (29.8%) compared to White Missouri adults (18.8%). More than half (54.6%) of Missourians with an annual household income of less than \$15,000 reported fair or poor health significantly more often, a 40% increase between 2014 and 2018.

Fair or Poor Health Status for Missourians With a Household Income Less Than \$15,000 per year



On 3 or More days out of the last month:

26.3%
of Missourians experienced poor physical health.

28.6%
of Missourians experienced poor mental health.

34.2%
of Missourians reported that they were unable to do usual activities due to poor physical or mental health.

Access to Health Care

In Missouri, the percentage of adults who reported having no health care coverage (12.4%) has not significantly changed since 2014 (12.9%). In general, the percentage of adults who lack health care coverage decreases with age, and adults 18-24 years report a lack of coverage significantly more often compared to adults 55-64 years.

The percentage of Black/African American Missouri adults who reported a lack of health care coverage in 2018 (16.0%) has declined since 2014 (19.6%); however, Black/African American populations more often reported a lack of insurance compared to White populations (11.1% in 2018). Neither comparison was statistically significant in 2018.

Proportion of Adults by Age Without Health Care Coverage

Age Group	2014	2018
18-24	24.2%	22.9%
25-34	23.8%	19.0%
35-44	14.9%	14.1%
45-54	12.5%	14.4%
55-64	7.2%	8.5%

Key Findings

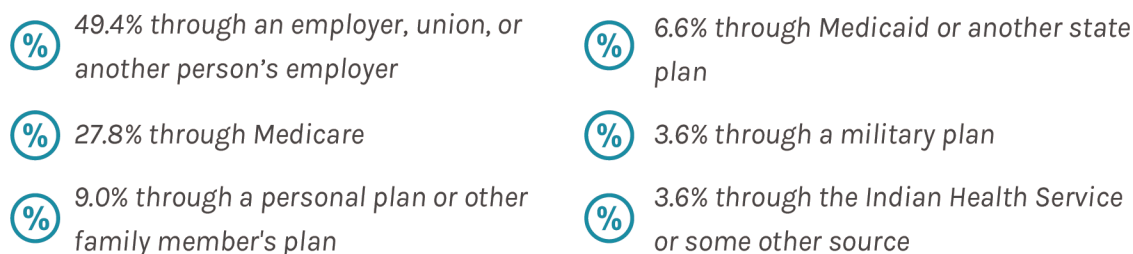
Missouri Adults *Without* Health Care Coverage by Annual Household Income

Annual Household Income	2014	2018
Less than \$15,000	31.4%	18.2%
\$15,000-\$24,999	23.4%	24.3%
\$25,000-\$34,999	13.4%	20.7%
\$35,000-\$49,999	9.9%	12.0%
\$50,000+	4.2%	5.3%

Access to Health Care Continued

The percentage of Missourians who reported having no health care coverage declined significantly between 2014 and 2018 for adults with a household income less than \$15,000. In fact, the percentage of adults without health care coverage increased between 2014 and 2018 for all income groups except the less than \$15,000. In 2018, the highest percentage of adults without health care coverage were those with household incomes between \$15,000 and \$34,999 per year. In contrast, significantly fewer Missouri adults with an annual household income over \$50,000 reported having no health care coverage compared to all other income groups.

Primary source among adults who had health care coverage:



Approximately 13.3% of Missouri's adults needed to see a doctor in the past 12 months but could not because of the cost. Women reported being unable to see a doctor due to cost more often (14.5%) compared to men (12.0%) with adults ages 25 to 34 having the highest percentage (21.2%) compared to any other age group. The percentage of Missourians who could not see a doctor due to cost increased from 2014 to 2018 for those with a household income \$25,000-\$34,999 (17.5% in 2014 versus 23.2% in 2018) and \$35,000-\$49,999 (11.5% in 2014 versus 14.7% in 2018).

Time Since Last Routine Checkup



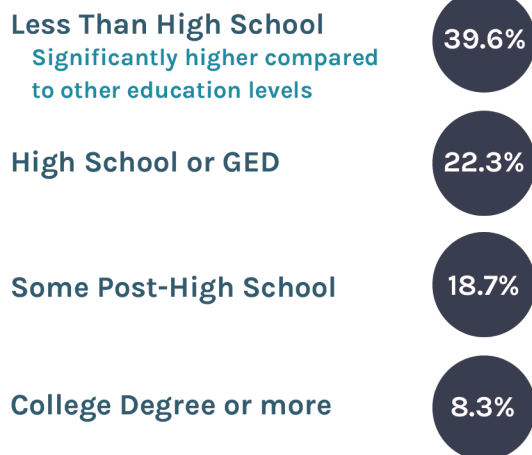
Key Findings

Health Risk Behaviors

Tobacco Use

Current Cigarette Smoking continues to decline in Missouri, with 19.4% of adults reporting that they smoked cigarettes every day or some days, falling under 20% for the first time since 2011. In 2018, a significantly greater percentage of adults with less than a high school education smoked cigarettes compared to adults with more education. Missouri adults report much lower levels of use for both electronic cigarettes (5.6%) and smokeless tobacco such as chewing tobacco, snuff, or snus (5.6%); however, 24.8% of adults reported having had ever used an electronic cigarette and 10.6% of males reported using smokeless tobacco.

Current Cigarette Smoking by Education



Time Since Last Smoked a Cigarette Among Ever Smokers



More than half (55.3%) of current smokers stopped smoking for one day or longer in the past 12 months because they were trying to quit. Among adults who had stopped smoking, fewer reported last smoking a cigarette in the last 12 months (11.7%) compared to 2017 (15.6%).

In 2018, 80.5% of Missouri adults supported local laws that make all indoor workplaces smoke-free, and 72.0% supported a change in Missouri law that would make all indoor workplaces smoke-free statewide.

Key Findings

Health Risk Behaviors Continued

Physical Inactivity

In 2018, 26.1% of Missouri adults had not participated in leisure time physical activity or exercise in the past month, a statistically significant decrease from 29.2% in 2017. A significantly higher percentage of Black/African American adults (33.8%) reported not being physically active in the last month compared to white adults (24.9%). Significant differences were also observed by education level. A significantly greater percentage of adults with less than a high school education (41.4%) and a high school education or GED (33.4%) were physically inactive compared to adults with some post-high-school education (22.8%) or a college degree (15.0%).

26.1%

Inadequate Sleep

34% of Missouri adults reported less than seven hours while 62.4% slept 7-9 hours and 3.5% slept more than 9 hours on average. A significantly greater percentage of Black/African-American adults (42.4%) slept less than seven hours on average than white adults (32.9%).

34.0%

Inadequate sleep is defined as less than 7 hours of sleep in a 24 hour period, on average.

Excessive Alcohol Consumption

In 2018, 8.1% of Missouri adults reported alcohol consumption consistent with heavy drinking, a statistically significant increase from 2017 (5.7%). Binge drinking declined slightly to 17.6%. A significantly greater percentage of males (21.3%) than females (14.2%) engaged in binge drinking on at least one occasion during the past month.

8.1%

Heavy Drinking is defined as having more than 14 drinks per week for adult men and more than 7 drinks per week for adult women.

Binge Drinking is defined as having five or more drinks on one occasion for an adult male and four or more drinks on one occasion for an adult female.

Drinking and Driving

Less than 5%, (4.1%) of Missouri adults reported driving one or more times after having too much to drink in the past 30 days.

4.1%

Key Findings

Health Risk Behaviors Continued

Seatbelt Use

An estimated 79.6% of Missourians report always wearing a seat belt while riding in, or driving, a car. 20.4% of Missourians do not always wear a seat belt. Significantly more males (26.0%) report not always wearing a seat belt compared to females (14.9%).

79.6%

Sugar-Sweetened Beverage Consumption

20.6% of Missouri adults report drinking a sugar-sweetened drink such as soda, fruit punch, or sports drinks at least once a day. This does not include diet drinks or 100% fruit juices.

20.6%

Chronic Disease and Other Health Conditions

In 2018, it is estimated that more than 2 million adults in Missouri have one or more chronic diseases. The four primary risk factors for chronic disease are tobacco use, poor nutrition, low physical activity, and excessive alcohol use.

Note: Includes arthritis; asthma; cancer; cardiovascular disease [which includes coronary heart disease, heart attack, and stroke]; chronic obstructive pulmonary disease (COPD); diabetes; kidney disease



48.8%

of Missourians reported having one or more chronic conditions



10.5%

of Missourians reported having three or more chronic conditions

In 2018, the top five chronic diseases were arthritis, asthma, diabetes, cardiovascular disease [which includes coronary heart disease, heart attack, and stroke], and chronic obstructive pulmonary disease (COPD). Kidney disease is not featured in this report as less than 3% (2.5%) of Missouri adults reported being told by a health professional that they had kidney disease.

Overweight

In Missouri, 31.9% of adults reported being overweight. Unlike obesity, a significantly greater percentage of males (37.9%) reported being overweight compared to females (25.8%).

31.9%

Key Findings

Chronic Disease and Other Health Conditions Continued

Obesity

In 2018, 35.0% of Missouri adults reported a weight and height that indicated obesity. The percentage of Missouri adults that meet this definition has increased significantly since 2014 (30.2%). In 2018, the percentage of obese adults less than 25 years of age was significantly lower compared to Missourians 25 years and older.

35.0%

Obesity by Age

18-24 years

20.6%

35-44 years

41.9%

55-64 years

37.8%

25-34 years

35.1%

45-54 years

41.7%

65+ years

31.3%

A significantly greater percentage of Black/African-American adults (45.3%), American Indians/Alaskan Natives (54.1%), and Missourians who identified as Hispanic (50.8%) met the definition for obesity compared to white adults (33.1%).

Diabetes

In 2018, 11.5% of Missourian reported being told by a health professional they had a diabetes. Black/African-American adults reported having diabetes more often (14.0%) compared to white adults (10.9%). 59.6% of adults stated they were over the age of 45 when they had were diagnosed, and 57.4% reported having a test for diabetes within the past 3 years. 9.6% of Missouri adults reported being diagnosed with pre-diabetes.

11.5%

Cancer

In 2018, an estimated 7.3% of Missouri adults reported having been diagnosed with a type of cancer other than skin cancer. Adults age 65 and older report a significantly higher percentage of non-skin cancer diagnoses (17.5%) compared to other age groups.

7.3%

6.8%

Skin Cancer

6.8% of Missourians had been diagnosed with skin cancer. A significantly higher percentage of adults 65 and older (17.7%) reported a skin cancer diagnosis.

Key Findings

Chronic Disease and Other Health Conditions Continued

Cardiovascular Disease

Each year the BRFSS survey asks respondents if they have been told by a health professional whether they have had a heart attack or myocardial infarction, angina or coronary heart disease, or a stroke. However, questions related to hypertension and cholesterol, primary risk factors for the development of other cardiovascular disease, are only asked in odd years. In 2018, 10.1% of Missourians reported being told they had Cardiovascular Disease.

10.1%

Cardiovascular disease is defined here as including respondents who reported a history of heart attack, heart disease, or stroke.

Missourians 65 years and older reported having a heart attack (12.9%) or heart disease (12.2%) significantly more often than younger Missourians.

5.1%

Heart Attack

In 2018, 5.1% of Missouri adults had been told by a health professional they had experienced a heart attack or a myocardial infarction, with significantly more males (6.3%) reporting a history of heart attack than females (3.9%). Missourians with less than a high school education reported a history of heart attack more often (10.2%) than any other education group; however, the difference is only significant when compared to those with some post high school education (4.5%) or a college degree (2.9%).

5.1%

Heart Disease

In 2018, 5.1% of Missouri adults had been told by a health professional that they had coronary heart disease or angina, with significantly more males (6.6%) reporting a history of heart disease than females (3.7%). Missourians with less than a high school education reported having heart disease more often (8.7%) than any other education group; however, the difference is only significant when compared to those with a college degree (3.2%).

4.2%

Stroke

In 2018, 4.2% of Missouri adults reporting being told they had experienced a stroke. While a greater percentage of adults ages 65 and older (8.5%) reported a history of stroke, the difference was not significant compared to Missourians 55-64 years (6.2%) or 45-54 years (5.0%). A history of stroke was reported significantly more often by Missourians with a household income of less than \$15,000 (9.2%) and \$15,000 - \$24,999 (7.4%) compared to Missourians with an income of \$35,000-\$49,999 (2.3%) or more than \$50,000 (2.3%).

Key Findings

Chronic Disease and Other Health Conditions Continued

Asthma

In 2018, 9.4% of Missourians reported a current asthma diagnosis. A significantly greater percentage of adult females (12.8%) reported current asthma compared to males (5.8%).

9.4%

13.8%

Childhood Asthma

Adults with children under the age of 18 are asked to answer questions about a randomly selected child in the household. Responses were weighted to be representative of all children in Missouri under the age of 18. Results show an estimated 13.8% of children in Missouri were told by a health professional that they had asthma. Among those who had been told they had asthma, 61% reported that they still had asthma.

Chronic Obstructive Pulmonary Disease (COPD)

In 2018, 9.1% of Missouri adults reported having been told by a health professional that they had COPD. A significantly greater percentage of adults with less than a high school education (23.3%) reported having COPD compared to adults with a high school education (8.5%), some post high school education (8.5%), or a college degree (3.5%).

9.1%

30.9%

Respiratory Health

In 2018, Missouri included an optional module that provided new data on respiratory health for the first time in recent BRFSS history. The results of respiratory health module show that 30.9% of Missourians reported having ever been given a breathing test to diagnose respiratory problems. When asked about respiratory health, Missourians reported the following:

Respiratory Indicators Reported by Missouri Adults

20.1%

Coughing most days during previous 3 months

45.9%

Ever smoked tobacco products for more than 1 year during lifetime

18.4%

Coughing up phlegm or mucus on most days during previous 3 months

27.7%

Shortness of breath when hurrying or walking up a slight hill or stairs

Key Findings

Chronic Disease and Other Health Conditions Continued

Arthritis

In 2018, 31.1% of Missouri adults reported having arthritis, a significant increase since 2014 (28.0%). A significantly higher percentage of women had arthritis in 2018 (35.2%) compared to men (26.8%). A significantly higher percentage of adults with less than a high school education (42.4%) had arthritis compared to adults with a high school education or GED (32.9%) or some post high school education (31.8%). Missourians with a college degree had a significantly lower percentage of arthritis (23.1%) compared to all other education categories.

31.1%

Depressive Disorder

In 2018, 22.2% of Missourians reported having ever been told by a health professional that they had a depressive disorder. A significantly greater percentage of females (28.6%) than males (15.5%) reported having a depressive disorder. In addition, significantly more Missourians with depression identified as white (23.0%) compared to Black/African-Americans (14.8%). A significantly greater percentage of adults with less than a high school education (26.5%) and adults with some post high school education (25.5%) had a depressive disorder compared to adults with a high school education (19.4%), or a college degree (19.8%).

22.2%

Injuries

Falls for Adults 45 Years or Older

Among Missouri adults age 45 and older, 25.6% percent had fallen one or more times in the past 12 months. This is a significant decrease compared to the percentage of adults who reported falling in 2016 (32.5%). Of those adults who reported falling in 2018, 40.7% had one or more of the falls result in an injury that caused them to limit their regular activities for at least a day or to go see a doctor.

25.6%

Key Findings

Injuries Continued

Traumatic Brain Injuries (TBI)

In 2018, Missouri included 4 state added questions related to head injuries. 33.9% of Missourians reported that they had experienced a bump, blow, or jolt to the head that resulted in feeling dazed, confused, or losing consciousness (or some other related symptom) at least once in their lifetime. The most commonly reported symptoms were feeling dazed or confused (25.5%), loss of consciousness (25.8%), or a headache or migraine (19.4%). The most commonly reported causes of severe head injuries were falls (29.9%), motor vehicle crashes (20%), or sports-related incidents (18.1%). Of those who reported experiencing a head injury, 49.6% did not seek out any kind of care for the injury.

33.9%

Preventive Health Practices

HIV Testing

In 2018, 34.1% of Missouri adults reported having ever been tested for HIV. A significantly greater percentage of Black/African-American adults (63.0%) than white adults (29.7%) had been tested. About 40 percent (36.0%) of adults who identified as Hispanic reported ever being tested for HIV.

34.1%

Oral Health

Visited a Dentist Within 12 Months

63.3%

In 2018, 63.3% of Missourians visited a dentist within the last 12 months, a significant increase since 2014 (58.6%). 84.8% of Missourians reported visiting a dentist within the last 5 years (1-2 years prior, 11.8%; 2-5 years, 9.7%). Approximately 30% of adults with annual household incomes of less than \$15,000 or \$15,000-\$24,999 had not seen a dentist within the past 5 years.

One or More Permanent Teeth Removed

44.6%

In 2018, 44.6% of Missouri adults reported having one or more permanent teeth removed due to decay, gum disease, or infection. Of adults over the age of 65, 18.8% reported having all teeth removed.

Key Findings

Preventive Health Practices Continued

Immunizations

38.1%

Hepatitis B Vaccine

The Hepatitis B vaccine has been recommended for all newborn infants since 1991, and is given in 3 separate doses. Of the 38.1% of Missouri adults who reported receiving all 3 doses, 61.2% were between 18 and 44 years of age (ages 45-54, 33.4%; ages 55-64, 28.3%; and 65 years or older, 14.1%). Significantly more females (42.0%) reported receiving the Hepatitis B Vaccine compared to males (33.7%).

17.7%

Human Papilloma Virus Vaccine

In 2018, 17.7% of adults age 18 to 49 reported having ever received the Human Papilloma Virus Vaccine, an increase from 13.9% in 2016. A significantly higher percentage of females (24.9%) reported receiving the vaccine compared to males (10.4%).

36.5%

Influenza Vaccine

In 2018, only 36.5% of Missouri adults reported receiving a flu vaccine within the last 12 months. Among adults age 65 and older, 61.2% reported having had a flu vaccine within the past 12 months.

74.5%

Pneumococcal Vaccine

Among Missouri adults age 65 and older, 74.5% reported ever having a pneumococcal vaccination.

27.2%

Shingles or Zoster Vaccine

Among adults age 50 and older, 27.2% reported ever receiving the shingles or zoster vaccine (ages 50-59, 7.9%; ages 60-64, 23.2%; and 65 and older, 43.5%). Significantly more white Missourians reported receiving the shingles vaccine (28.7%) compared to Black/African-Americans (15.8%).

32.4%

Tetanus Diphtheria Vaccine

In 2018, 32.4% of Missouri adults reported receiving the tetanus shot that also contains the pertussis or whooping cough vaccine (Tdap) in the past 10 years. Significantly more females (36.5%) reported receiving the Tdap vaccine compared to males (28.0%). The percentage of Missourians receiving the Tdap vaccine was significantly lower in households with an annual income less than \$15,000 (26.0%) when compared to those with an annual income of \$50,000 or more (36.8%); however, there were no significant differences between households of \$15,000-\$24,999 (29.7%), \$25,000-\$34,999 (35.6%), or \$35,000-\$49,000 (32.8%) when compared to households of \$50,000 or more.

Key Findings

Preventive Health Practices Continued

Knew Benefits of Folic Acid, Women 18-44

In 2018, less than half (48.5%) of women ages 18-44 reported knowing that health experts recommended 400 micrograms of the B vitamin folic acid supplement to prevent birth defects.

48.5%

Cancer Screening

69.4%

Breast Cancer

Among females age 40 and older, 69.4% had a mammogram within the past two years. A greater percentage of Black/African-American females (82.1%) than white females (68.7%) reported having a mammogram within the past two years. Though not statistically significant, the percentage of women 40 years and older with less than a high school education who had a mammogram increased from 51.0% in 2014 to 61.6% in 2018.

Within the past two years, 75.2% of females age 50-74 years reported having a mammogram, and a significantly greater percentage of Black/African-American women (87.2%) had a mammogram compared to white women (74.5%).

64.3%

Cervical Cancer

Within the past three years, 64.3% of females age 18 and older had a pap test. Significantly more Black/African-American women (80.5%) reported having a pap test in the last 3 years compared to white females (62.8%).

72.5%

Colorectal Cancer

Among adults ages 50-75 years, 72.5% reported ever having a sigmoidoscopy or colonoscopy exam (51.5% in adults age 50-54, 73% in age 55-64, and 82.7% in age 65-75). Among those screened by sigmoidoscopy or colonoscopy, 97.9% had a colonoscopy at their most recent exam. In addition, 11.6% of adults 50-74 years had a home blood stool test within the past two years.

72.5%

Prostate Cancer

Among men age 40 and older, 32.1% had a Prostate-Specific Antigen (PSA) test within the past two years, a significant decline from 43.2% in 2016 and 43.9% in 2014.

Key Findings

Cancer Survivorship

In 2018, it is estimated that over 500,000 Missouri adults are cancer survivors. More than half (57.2%), reported having completed a course of cancer treatment, and 5.7% of Missourians diagnosed with cancer participated in a clinical trial as part of their cancer treatment. 95% of cancer survivors reported having health coverage that paid for all, or part, of their cancer treatment, and only 4.3% reported having ever been denied health insurance or life insurance coverage due to their cancer diagnosis. It should be noted that 9.8% of cancer survivors reported that they continued to experience physical pain as a result of their cancer or cancer treatment.

Number of Different Cancer Diagnoses Reported

**78.6%**

of Missourians reported having one type of cancer

**17.6%**

of Missourians reported having 2 types of cancer

**3.9%**

of Missourians reported having 3 or more types of cancer

<https://health.mo.gov/data/brfss/index.php>